

**Linda Clair**  
**Seven-day Meditation Retreat**  
**Kallara Conference Centre, Australia**  
**30 November – 7 December 2019**  
**Transcription from Audio Recordings**

**File 6a – Thursday morning guided meditation**

So take a few deep breaths into the belly to reaffirm where you are right now. You're still here. And wherever your body is, you're in your body. It doesn't matter where it is – you're here, in your body. You'll all be pretty much in your bodies now, grounded in your body, feeling the sensations in your body, seeing the thinking more and more clearly.

And the stiller you become, the more grounded in your body you become, the more clearly you see the thinking process. I know that for me, the more clearly I saw that, the more intolerable it became until I was prepared to do anything to be free from it. And you do need to be prepared to do anything, to sit for as long as it takes. When you are free from your mind, from the control of your mind, you'll be so grateful you kept going. That is the main thing I'm trying to do, to keep you going. We've only got two more days. Don't get desperate in these two days, just keep up the pressure, the pressure on the mind, whether you're sitting or walking, whatever you're doing.

Each time your mind tries to interfere with your senses, come back to the most basic sense, which is the breath. Use any sensations you can to stay in the body. And of course that's not always pain. Sometimes it's pleasure. But pleasure is just as hard to bear as pain.

So sit and watch and feel the sensations in your body.